



2022 IRON DUKE RELAYS



Your team is invited to participate in the annual Iron Duke Relays hosted by Marlboro Central High School. The meet will take place under the lights on Marlboro's newly resurfaced 8-lane all-weather track.

NEW THIS YEAR: F.A.T. timing provided by Fulton Accurate Timing!!

Based on coach and athlete interest from previous years, we adjusted the order of events, adding in more open events to give athletes an opportunity to hit state standards and break school records. Limit first 10 schools to submit entry form and payment. Come join us for a great Friday night of competition!

Date: Friday, April 29th, 2022

Start Time: 4pm, coaches meeting 3:30pm

Entry Fees: \$350 blanket entry fee for both boys and girls teams, \$200 for one team

** NOTE: This is a non-refundable entry fee, NOT a participation fee.

Order of Events:

Track Events (Girls, then Boys)

400m Hurdles
4x100m Relay
800m Run
100m Dash
2000m/3000m Steeplechase
4x400m Relay
Invitational 1500m/1600m (top 15 seed times ONLY for each gender)
100m/110m Hurdles
4x800m Relay
400m Dash
Throwers 4x100m Relay (athletes MUST be entered in a throwing event)

Field Events

Long Jump (B, then G)	Shot Put (B, then G)
Triple Jump (G, then B)	Discus (G, then B)
High Jump (B, then G)	Javelin (B/G open pit)
Pole Vault (G, then B)	Hammer (B/G open pit)

Awards:

Each 1st place competitor will receive an "Iron Duke Relays Champion" t-shirt.

Logistics:

All entries will be done on Milesplit (ny.milesplit.com). Entries will close Wednesday 4/27 at 9pm. Once we receive your entry form and payment, I will e-mail the password for the meet. Be as accurate/realistic as possible with seed times.

All running events are finals based on time.

For open events, limit 3 individual entries per school.

For relays, limit 2 per school per event.

Maximum of 4 events for each individual athlete.

2 pits will be used for LJ and TJ- we will run these simultaneously.

3 Jumps for LJ and TJ- No Finals. 1½ hour open pit for each before switching.

We may move ahead earlier if all athletes have completed their jumps.

4 Throws for Shot and Discus- No Finals.

3 Throws for Hammer and Javelin- No Finals.

Javelin 1½ hour open pit, followed by Hammer 1½ hour open pit- both on top of the hill behind the high school. We may move ahead earlier if all athletes have completed their throws.

Starting Heights/Progression for HJ:

Girls 4' moving up 2" to 5', then 1" after

Boys 5' moving up 2" to 6', then 1" after

Starting Heights/Progression for PV:

Girls 6', then up 6"

Boys 7', then up 6"

Once a winner is determined for HJ/PV, they can determine their next height.

Once the meet begins, warm-ups should be done outside of the track area- not on the infield- the infield should be clear of all athletes not competing.

All clerking will be done outside of the fence area near the finish line.

Athletes are NOT allowed inside Marlboro High School.

Bathroom facilities are located outside behind the bleachers.

Jewelry may NOT be worn by athletes while competing- please remind them!

We will break after the Invitational 1500m/1600m to play the National Anthem and to recognize Marlboro's senior student-athletes. This usually takes around 15 minutes. Please plan Hurdle Relay warm-up time/check-in accordingly.

Contact Info: Pete Carofano- Head Varsity Boys Coach

E-Mail: peter.carofano@marlboroschools.org

Cell Phone: 845-926-2516 Work Phone: 845-236-5810

Twitter: @PeteCarofano



IRON DUKE RELAYS



ENTRY FORM

School Name: _____

Teams Attending: Boys only _____ Girls only _____ Both _____

Coach Name: _____

Coach Cell Phone: _____

Coach E-Mail: _____

Blanket Entry Fee: \$350.00

Boys Team Only/Girls Team Only: \$200.00

Amount Due: \$ _____

Please make checks payable to: "Marlboro Varsity Club"

All entry forms and payments due NO LATER than: Friday, April 22nd 2022

Send forms and payments to:

Ms. Jonnah O'Donnell
Athletic Director
50 Cross Rd.
Marlboro, NY 12542

or fax to: Marlboro Athletic Department
Attn: Varsity Track & Field
Fax #: 845-236-7625